

Day 4 Theme: Building Resiliency

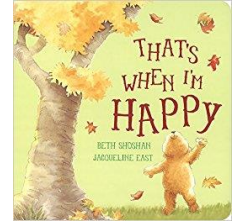
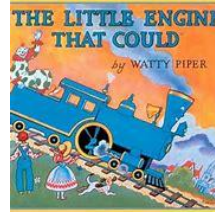
Purpose: To help children develop skills that help them to "bounce back" from difficulties

To teach the adults in children's lives the importance of nurturing, supportive relationships and role-modeling that show children how to handle disappointment and to keep trying with difficult tasks

Books:

The Little Engine That Could, by Watty Piper

<https://www.youtube.com/watch?v=5TPUwrURo6M>



That's When I'm Happy, by Beth Shoshan

<https://www.youtube.com/watch?v=JzOMxC0xRUo>

Activity: Today you will teach the children about resiliency - the ability to bounce back after difficulties and stick with tasks to their completion. During circle time, read *The Little Engine That Could*. This classical story is about a small engine who accepts the challenge to get a train full of toys and food up the mountain to children who are waiting, while other bigger engines refuse to help. This story helps children to see an example of thinking of others, being motivated to help, and sticking with a hard job for the betterment of others.

After reading the story, guide the children to talk about how the engine succeeded in helping others and doing a job that the bigger engines refused to do. Have the children stand up and use the phrase "I think I can; I think I can..." to imitate the action of the little engine going slowly up the mountain and then walking faster to replicate going down the mountain and saying, "I thought I could; I thought I could..."

Another good movement activity can be to use some of David Kisor's song videos from his Songs of Resilience CDs, such as:

"I'm Gonna Find a Way" <https://www.youtube.com/watch?v=bxgLv-ZTobE>

"I Can Do It" <https://www.youtube.com/watch?v=4bnqwiUvqVQ>

and Frank Servello's song "Bounce Back" <https://www.youtube.com/watch?v=RKN2KEHn5dk>

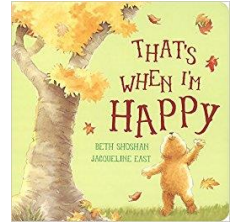
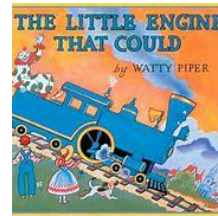
and Sesame Street's song "Don't Give Up": <https://www.youtube.com/watch?v=pWp6kkz-pnQ>

These movement songs help children get their bodies and brains alerted and reset to help them get that extra resiliency to complete a hard task. You can use the small chart in your Day 5 packet or your own chart paper to list ideas that help children to finish hard tasks, such as saying "I think I Can" or bouncing up and down to "bounce back".

Later in the day take time to read *That's When I'm Happy* and talk about the things children can do with family (and teachers) to help them turn that frown upside down and build resiliency.

Dear Parent,

Today our class read two stories. *The Little Engine That Could* (<https://www.youtube.com/watch?v=5TPUwrURo6M>) is the classic story of the Little Engine who accepts the challenge to get a train full of toys and food up the mountain to children who are waiting, while other bigger engines refuse to help. This story helps children to see an example of thinking of others, being motivated to help, and sticking with a hard job for the betterment of others.



The story, *That's When I'm Happy* (<https://www.youtube.com/watch?v=JzOMxC0xRUo>) goes through the day with a small bear who finds that those sad days can turn into happy days doing simple, nurturing kinds of activities with parents.

Why is this important? In this age of technology when computers and computerized machines do much more of our work and thinking, our children tend to melt down more quickly because they haven't learned how to work hard at a task to its completion. It is often through nurturing relationships with caring adults that children see positive examples of how to stick with tasks. Adults who take time with them can help children regroup so they can figure out how to solve their own problems.

Watch some of David Kisor's song videos from his Songs of Resilience CDs, such as:

"I'm Gonna Find a Way" <https://www.youtube.com/watch?v=bxgLv-ZTobE>

"I Can Do It" <https://www.youtube.com/watch?v=4bnqwiUvgVQ>

and Frank Servello's song "Bounce Back" <https://www.youtube.com/watch?v=RKN2KEHn5dk>

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For more information on building resiliency, check out <https://bouncebackparenting.com/>

(ATTACH HANDOUT "Ten Things Parents and Teachers Can Do With Children **Today** to Build Resiliency *for a Lifetime!*")